

CARE PLAN

NAME Alice

D.O.B 10.12.2001

**PHOTO OF
ALICE**

BACKGROUND

Alice has a medical condition called Reflex Syncope which means that she frequently experiences blackouts.

REFLEX SYNCOPE

SYNCOPE (sin-co-pee) is a medical term for a blackout that is caused by a sudden lack of blood supply to the brain. Reflex Syncope is one of the most common forms of syncope. Sometimes called Neurally Mediated Syncope, or Vasovagal Syncope, it is a transient condition resulting from intermittent dysfunction of the autonomic nervous system, which regulates blood pressure and heart rate.

TRIGGERS AND WARNING SIGNS

Alice's syncopal episodes are triggered by dehydration and being in a very warm environment. She usually experiences light-headedness and sometimes nausea prior to a faint. Sometimes, Alice does not fully blackout, but has a 'near miss'.

MANAGEMENT STRATEGY

Usually, Alice is able to detect when she is going to blackout. She must:

- 1- Sit, squat or lie down IMMEDIATELY
- 2- Put her legs up in the air if able to lie down.
- 3- Only get up when she feels better

If she suddenly loses consciousness before detection someone must:

1. Check area is safe, remove hazardous objects in surrounding area
2. Check airway - remove objects in mouth to avoid choking
3. Check breathing - listen for breath sounds, look for chest rising and falling
4. Feel for pulse at wrist or neck
5. Call for help
6. If Alice does not regain consciousness within a minute as usual, turn her on her back and raise her legs up to increase the blood pressure
7. Place in recovery position if above ok, if not dial 999
8. Talk calmly and reassuringly to Alice throughout, ask others who are not involved to stand back / leave
9. Reassess airway, breathing, circulation throughout syncopal episode - if breathing or circulation deteriorate, dial 999
10. If help arrives, ask them to contact parents as soon as possible
11. When Alice comes round, reassure, talk calmly, and remain on floor for a good while
12. If longer than normal to rouse, dial 999

13. When parents arrive inform them of what happened, if possible how long unconsciousness

AFTER SYNCOPAL EPISODE

13. Send Alice home so she is able to rest and be monitored

14. Parents/Guardians should inform GP of syncopal episode

IMPORTANT INFORMATION

- Alice must be allowed to drink water during class
- Alice should be allowed to sit near to a window to avoid overheating
- Following a blackout, Alice can often feel very tired. She must be allowed to rest in the sick room and to go home if she feels it is necessary.
- All missed work must be photocopied to allow Alice to catch up without any problems.
- Alice should not take part in sporting activities such as rope climbing in gymnastics to avoid severe injury in the event of a blackout. She should be able to fully participate in all other activities unless she is feeling unwell.

EMERGENCY CONTACT DETAILS

If Alice needs to return home, or if the emergency services have been phoned following a blackout call:

Alice Home: 0001 222333

Alice Mum Mobile: 0000 222233

Alice Mum Work: 0002 333000

SIGNED:

.....(head teacher)

.....(parent)

Date.....

N/B each individual case is different and the details must be changed accordingly)